

# LIFESTYLES

HAWAII MARINE B SECTION

NOVEMBER 26, 2004



The Mission Houses Museum, a National Historic Landmark, is furnished with artifacts — painstakingly gathered throughout the years — and reproductions from the era, as evinced by these medicine bottles and other items from an infirmary. Docents lead tours through the three structures that make up the museum, basing their knowledge of the period on the many letters, journals and documentation that survive.

## Life in a mission house

Museum reflects busy, diverse, early years of missionary life

**Story and Photos by Cpl. Megan L. Stiner**  
*Combat Correspondent*

The sweet smell of times past greets visitors as they enter the guest bedroom. Some ask about families who lived and died there while others ask about the unique architecture of the house and the artifacts that rest in the somber settings adorning the walls.

Countless guests tour the Mission Houses Museum in Honolulu to learn about a time of influence, hardships and eventual triumph for the missionaries who first brought Christianity to the Hawaiian Islands.

The museum is an important piece of religious history dating back to 1821. It provides an opportunity for guests to journey back in time and experience what life was like here for Christian missionaries trying to introduce Christianity to Hawaiian society.

A company of missionaries inspired by one man left Boston Oct. 23, 1819 with the intention of traveling to what the New Englanders referred to as the Sandwich Islands on a trip designed to bring Christianity to the native people who occupied the area.

The individual muse, Henry Opukahaia, was a young Hawaiian war orphan who boarded the American ship “Triumph” and befriended the ship’s captain. The boy was then brought back to the United States on the ship in 1807 after a three-year voyage.

Once he arrived, Opukahaia quickly became interested in the religious persuasion of the New Englanders, otherwise known as Protestant Christianity, and decided to attend the Foreign Mission School at Cornwall, Conn., becoming one of the first known Christian Hawaiians.

He then came to the resolution that he was going to travel back to his native home and take with him his newfound beliefs as a Christian missionary. His dream was tragically aborted after he fell victim to typhus and died in 1818.

However, his dying wish of converting his fellow Hawaiians to Christianity lived on through the Board of Commissioners for Foreign Missions, which funded the voyages and upkeep of the Sandwich Island Mission.

The first wave of missionaries landed on Kailua-Kona; while some stayed on island of Hawaii, others moved north to Oahu’s Honolulu area, the birthplace of the current Mission Houses Museum.

Once a stable living facility was established, the New Englanders, who learned the Hawaiian language, set out to translate, bind and distribute a version of the Bible for the native Hawaiians to read — a task that spanned 20 years and a paramount step forward towards the missionaries’ goals.

According to Peter Salter, senior interpreter for the Mission Houses Museum, 10,000 copies of the translated bible circulated through the Island of Oahu from 1822 to 1839.

During the tour, visitors see the printing press used to make the Bibles, as well as furniture and other artifacts used during that time.

The three-house tour takes visitors through the living quarters, kitchen, basement and printing office.

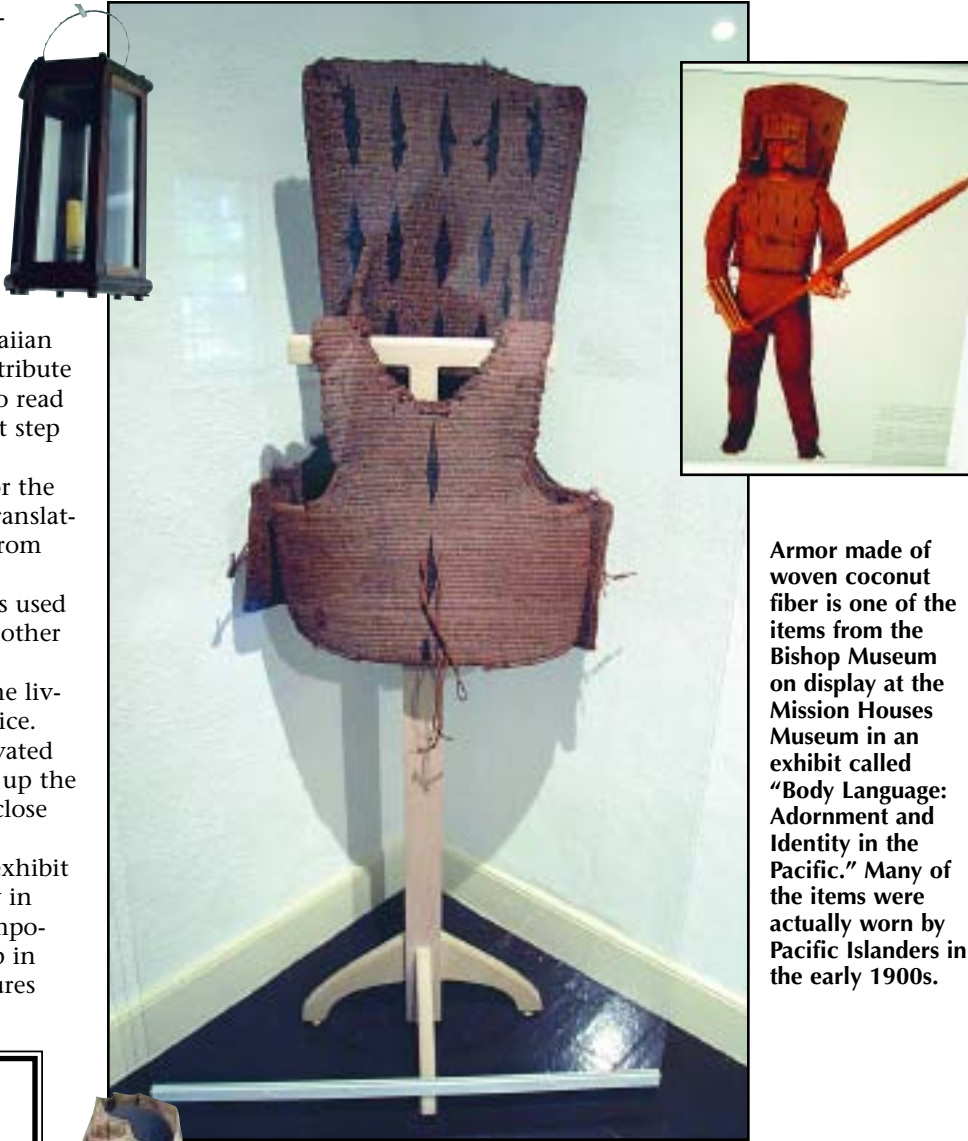
“The Mission Houses Museum has been renovated recently,” said Salter. “The structures that make up the mission houses have been renovated to look as close to the original structures as possible.”

Through Feb. 5, the museum is featuring an exhibit called “Body Language: Adornment and Identity in the Pacific.” The exhibit, which displays contemporary garments worn by Pacific Islanders, is set up in the Chamberlain House, one of the three structures that make up the Mission Houses Museum.

**Museum Information**

553 S. King St., Honolulu  
531-0481

Hours: Tues. – Sat., 10 a.m. to 6 p.m.  
Sun., Noon to 5 p.m.  
Tours: 10 a.m., 11:15 a.m., 1 p.m., 2:45 p.m.



Armor made of woven coconut fiber is one of the items from the Bishop Museum on display at the Mission Houses Museum in an exhibit called “Body Language: Adornment and Identity in the Pacific.” Many of the items were actually worn by Pacific Islanders in the early 1900s.



Above — Drip stones, commonly used aboard ships, were also used by the missionaries to purify their water by allowing water to seep through the stones and drip out into the bowls below.

Right — A kapa cape, made from bark of paper mulberry, sits on display in the Chamberlain House, one of many artifacts saved from the ravages of time.



The Mission Houses Museum is filled with uniquely designed artifacts, including furniture, clothing and pictures, that the missionaries used on a day-to-day basis between 1820 and 1863, from the opening to the closing of the Sandwich Islands Mission.



# Deployment can foster maturity

Properly preparing children for deployment can help them cope with separation anxiety

**Holly Selders**

LIFELines Service Network

Expected or unexpected, short or long, prepared or unprepared, boiled down or sugar-coated — deployments arrive under a variety of circumstances. However they arrive, these absences are especially tough for children. But they are survivable, and children are the most resilient creatures of all.

Research shows there are actually some positive benefits to separation. Children who endure separation learn to be more independent, flexible, and responsible. Deployments foster maturity and prepare children for the separations they will face in life. Research also shows that separations strengthen family bonds.

If you haven't prepared before deployment, the day will come sooner than you expected. You can find ideas to quickly prepare the adults in the room at Pulling Chocks: Coping With a Sudden Deployment. It may be rough for you, but rallying support for your children is easier than you think.

First, talk to your children and tell them

you have to leave unexpectedly. Do not promise them you'll be back in five days or six weeks. You can give a general time frame if you know it, but military life has a way of changing plans. Don't make promises you can't keep.

Next, hug your child ... even big children. Exchange small mementos — a coin or rabbits foot. Cut a lock of their hair or a scrap of their blanket to keep in your pocket or locker. Link yourself and your child to Dads at a Distance (www.daads.com) or Moms Over Miles (www.momsovermiles.com) for more creative and fun ideas.

Tell your child you'll think of him or her every day. Plan a special event for homecoming. Do your best to keep in touch while you're gone. The Submarine Wives Club suggests simple, quick ideas such as sending cards through ILoveYouKid.com.

Adopting a "We-can-handle-this-just-fine" attitude is essential for the non-deployed parent or caregiver. Teachers are your first line of defense in this can-do mindset. Providing the child's teacher with an explanation that Dad or Mom is suddenly deployed will ensure that the child receives a little TLC. This also prepares the teacher to be more understanding if your child acts out.

Also, talk to the school principal. According to Shirley Hill, a secretary in the Norfolk Public Schools, some schools make an effort to assign students to a male teacher if a father will be deployed. Although there are no guarantees, it would be considered a legitimate request.

Immediate family members and other adult friends are another source of immediate support. Extra attention from grandparents, aunts and uncles, and other relatives will help your child adjust to the separation. A mentor, who is a caring adult friend, can be a valuable support person for your child during a deployment.

To find a mentor, try the National Mentoring Partnership, the local Boys and Girls Club of America, the YMCA, or YWCA.

However, while one-on-one mentoring is generally helpful for children, parents should be vigilant if an adult begins spending a lot of time with their child, and should not hesitate to monitor or supervise the visits. Never let a child spend time (this includes e-mail and chat rooms) with an adult whose background you are not familiar with — even a sport coach, religious leader, teacher, or relative — and don't be embarrassed to question their background, including police checks.

Your child's safety is of the utmost importance. Encourage your child to talk frankly about what goes on during the visits.

If you feel your child could use a little help adjusting, or if he or she seems unnaturally sad or aggressive, talk to a professional counselor who can give you advice specific to your child. Counselors, or counseling referrals, are generally available through TRICARE, Fleet and Family Support Centers, and Marine Corps Community Services. School, churches, and your pediatrician can also suggest someone. Talk can be cheap, but when you're rallying support, information is everything.



Cpl. Jessica M. Mills

Sgt. James Viator, with 3rd Radio Bn., holds tight to his daughter Izabelle, 3, recently, after his unit returned from a seven-month deployment to Iraq in support of the 1st Marine Expeditionary Force.

## MARINE CORPS COMMUNITY SERVICES

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### Possibilities in Paradise

**Kahuna's Bar & Grill**  
254-7660/7661

**Club NFL** — Your club has the latest in NFL Monday Night Football action. Get the folks together for giveaways and more football fun than you'll get watching somewhere else.

On Monday, watch the St. Louis Rams take on the Green Bay Packers.

**Bosses' Night** — Bring the boss to Kahuna's Dec. 1, from 4:30 – 6:30 p.m., for camaraderie, refreshments and to show your appreciation.

**Bull Riding** — Everyone is invited to the Bucking Bull Finals Dec. 1. Entry is free and so is the food and entertainment. The contest begins at 7 p.m. and the lucky winner will also

take home a new television set!

**Staff NCO Club**  
254-5481

**Club NFL** — Your club has the latest in NFL Monday Night Football action. Get the folks together for giveaways and more football fun than you'll get watching somewhere else.

On Monday, watch the St. Louis Rams take on the Green Bay Packers.

**Officers' Club**  
254-7650/7649

**Army/Navy Game** — Watch the most anticipated football games of the season on the plasma at The Officers' Club bar Dec. 4.

Doors open at 8:30 a.m. and kick off is at 9:30 a.m. Tickets cost \$12 and include a continental breakfast buffet and halftime lunch.

**Seafood Buffet** — There will not be a regular dinner menu Dec. 9 as an all-you-can-eat seafood dinner buffet is scheduled from 6 to 8 p.m.

The cost is \$22.95 for members and \$26.50 for nonmembers. A salad bar-only option will also be available.

### All Hands

**McDonald's To Rebuild** — On Dec. 31, McDonald's of Kaneohe Bay will close for approximately 120 days, when the existing building will be torn down and construction will begin on a new structure. The new McDonald's is tentatively scheduled to reopen in Spring of 2005.

**KOSC Tour of Homes** — Visit MCB Hawaii homes that are decorated for the holidays on Dec. 3.

The Tour of Homes is open to all hands and will meet at The Officers' Club at 6:30 p.m. Since you're heading down to the club, why not make it an evening out and enjoy their optional Mongolian dinner buffet (at an additional cost) at 5:30 p.m. before leaving for the tour?

Tickets for the tour are \$7 in advance or \$10 at the door. For more info or to buy tickets, call 254-2491.

**Holiday Craft Fair** — Camp Smith will hold their annual holiday

craft fair on Dec. 9 from 7:30 a.m. to 2 p.m. Vendors will set up in building 4, opposite the MCX.

You'll find everything from homemade and holiday craft items to baked goods.

If you are an interested vendor, call 477-5143.

**Santa's Village** — 'Twas a fortnight before Christmas, and all through the base, not a creature was stirring, for they were at Santa's Village, for a pre-Christmas taste.

Mark your calendars, because Santa is making a pit stop at K-Bay, Dec. 11, to take Christmas wishes. Santa will make his grand appearance at the Child Development Center, from 9 a.m. to 1 p.m. All base families are invited to visit this winter wonderland complete with tinsel trees and hundreds of twinkling lights.

Bring the little elves to meet, greet and receive a free photo with Santa. Pictures are limited, so arrive early. Once the keiki are satisfied with sitting on Santa's lap and reciting their holiday wish lists, they may participate in the 12 Days of Christmas Crafting. From face painting to ornament making, the children will have numerous activities to keep them in the holiday spirit. Additional entertainment include pupus and even a bouncy house!

For more information, call the CDC at 257-1356.

Every year, Santa's Village has been an overwhelming success because of the volunteer support offered by the base community. If you would like to show a little holiday spirit and lend your time, please call Marine & Family Services Information & Referral at 257-7786.

**Breakfast with Santa** — Enjoy Sunday Brunch at The Officers' Club and bring the kids for a free picture with Santa on Dec. 12.

Brunch will be served from 10 a.m. until 1 p.m. The cost is \$17 for members, \$19.50 for nonmembers, \$6.95 for children ages 8 – 12, and \$3.75 for children ages 5 – 7.

For more details, call 254-7650.

**Crafty Christmas** — The base library is hosting a Christmas program teaching children the joy of books on Dec. 18 from 1 to 2 p.m.

Children will hear heartwarming stories, participate in holiday activities and enjoy holiday treats. This is an opportune event for children and parents to spend time together.

For more information, call the

base library at 254-7624.

**Staff NCO Golf Tournament** — Swing into the New Year with the four-man scramble best ball golf tournament on Dec. 22.

The tournament is open to Staff NCOs of all services, family members and sponsored guests. There will be a shotgun start at 7:30 a.m. followed by heavy pupus and refreshments. Prizes will be awarded for first, second and third place teams, longest drive and closest to the hole.

The entry fee is \$42 for Staff NCO Club members, \$48 for nonmembers, \$55 for field grade officers and \$60 for guests.

For more details or to sign up, call 254-5481 or 1st Sgt. Drinkwater at 257-2600.

### Ongoing

**Holiday Dinner Buffet** — Make your holiday shopping and cooking a little easier this year, every Friday and Saturday, from Friday through Dec. 31, 6 – 8 p.m.

Sit back, relax and let the chefs at The Officers' Club cook your meals. Enjoy a buffet of an assortment of salads, carved prime rib, chicken, roast pork, fresh atlantic salmon, snow crab legs, an assortment of desserts and much more.

The cost is \$28.75 per person. For more details, call 254-7650.

**Pro Bowl Package** — Invite family and friends out to the Hawaiian Pro Bowl weekend, Feb. 10 – 14. Leisure Travel is selling a package deal from the West Coast at \$1,099 per person.

The package includes round-trip air transportation from Los Angeles to Honolulu, four-night hotel accommodations, tailgate party on the shores of Pearl Harbor and NFL Pro Bowl game tickets.

To purchase tickets or for more info, call Leisure Travel at 254-7413.

**Entertainment Books** — The 2005 Entertainment Books with great discounts on all of your favorite activities and restaurants in Hawaii is on sale now. The books cost \$30 and are great as holiday gifts.

To buy, call Information, Tickets and Tours at 254-7563.

**New Military Spouse Class** — L.I.N.K.S. is the perfect class for spouses new to the islands or to the Marine Corps lifestyle. L.I.N.K.S. provides basic information necessary

to acquaint spouses with the unique aspects of the demands and privileges of military life.

Call 257-2368 for a calendar of their free classes.

**Cash Office** — Check cashing hours have changed. The new hours are Monday – Saturday, 11 a.m. – 7 p.m.; Sundays and holidays, 11 a.m. – 6 p.m.

**NASCAR Sundays** — Race to the Kahuna's Bar & Grill to catch NASCAR. The club opens with breakfast at 7 a.m. and serves selections from the grill menu until closing time at 8 p.m.

Wear your favorite race driver's gear and receive \$1 off chicken wings.

**Live NFL Games** — Check out all the Sunday NFL games live on DIRECTV at Kahuna's Sports Bar & Grill and The Staff NCO Rocker Room. The clubs opens at 7 a.m. and breakfast will be available for purchase.

**Fix it Yourself** — Want to do a little work on your prized vehicle, but don't have the space or tools to get the job done? Cruise on over to the Auto Skills Center located at building 3097, next to the 24-hour car wash, and utilize their tools to get your baby back in top form.

Certified Hawaii Safety inspections are also available weekdays from noon to 6 p.m. and weekends and holidays from 9 a.m. to 3 p.m.

Keep an eye out next week for a deal at the sealed bid auto auction the Auto Skills Center hosts. Call 254-7674 for more information.

**ASYMCA Playmornings** — Children and parents are all invited to come have fun at the Armed Services YMCA "Playmornings." Spend quality time with your children and get to know other families aboard the base. Playmornings is a facilitated parent-child program to encourage bonding within and amongst families.

Enjoy crafts, games, songs and fun at various locations across the base. The program runs Mondays through Fridays, from 9:30 to 11 a.m. at the following locations: Mondays at Hale Koa Beach, Tuesdays at the Youth Activities building 5082, Wednesdays and Fridays at the Super Playground and Thursdays at Connor Loop Playground. In case of inclement weather, head to the Armed Services YMCA at building 1638.

For more details, call 254-4719.

SM&SP



SINGLE MARINE & SAILOR PROGRAM

All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in building 1629, inside the Kahuna's Recreation Center. Get more details on activities at [www.MCCS.Hawaii.com](http://www.MCCS.Hawaii.com) under the "Semper Fitness" icon, or call 254-7593.

**Upcoming Events**

*Adopt a Marine:* Not everyone gets to be home with his or her family for the holidays. Adopt a Marine or Sailor for the holidays by calling the SM&SP Office at 254-7593.

*Polynesian Cultural Center Adventure:* Join the SM&SP at the PCC, Dec. 18 at 2 p.m.

The cost is only \$55.95 per person. The excursion includes a tour of the center and preferred seating at the IMAX movie. Call SM&SP for details.

*SM&SP Thanksgiving After-Party:* If Thanksgiving has an official after-party, it's this one! Slated for 5 to 8 p.m. tonight at Kahuna's Recreation Center, single Marines and Sailors can come enjoy free food, giveaways, a Halo 2 challenge on the Xbox, pool & dart tournaments, movies & more! Best of all ... it's free!

MOVIE TIME

**Prices:** Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office. Call 254-7642 for recorded information.

**Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

Friday Night Lights (PG-13)	Today at 7:15 p.m.
First Daughter (PG)	Today at 9:45 p.m.
Raise Your Voice (PG)	Saturday at 7:15 p.m.
Friday Night Lights (PG-13)	Saturday at 9:45 p.m.
Raise Your Voice (PG)	Sunday at 2:00 p.m.
Friday Night Lights (PG-13)	Sunday at 6:30 p.m.
Raise Your Voice (PG)	Wednesday at 6:30 p.m.
TAXI (PG-13)	Friday at 7:15 p.m.
Team America: World Police (R)	Friday at 9:45 p.m.



# 2/3 traverses generation gap

Volunteers help, reach out to elderly

**Cpl. Megan L. Stiner**  
*Combat Correspondent*

**KANEOHE, Hawaii** — Smiles of heartfelt joy shone on their faces as they bowled, sang along and interacted with the enthusiastic young men around them. Residents of Ann Pearl Nursing Home warmly welcomed about 20 visitors into their home Nov. 17.

Marines and Sailors from 2nd Battalion, 3rd Marine Regiment, also known as the “Island Warriors,” visited Ann Pearl Nursing home during a Religious Ministry Team Project (RMTP) put together by Navy Chaplain (Lt.) Ronald C. Nordan and Petty Officer 2nd Class Nino M. Miranda, religious program specialist.

“We wanted to do something different,” said Miranda. “We wanted to get the Marines out in town interacting with the community on a more personal level.”

According to Miranda the idea was brought up nearly a month ago and everything just now fell into place for both the service members and nursing home staff and residents.

The first thing Marines and Sailors did once they arrived was clean. They broke up into groups to clean the different areas of the home. Some worked on screens in the lobby while others cleaned windows in residents’ rooms.

After two hours of cleaning, the real fun began as the service members took the opportunity to introduce themselves to the residents gathered in the lobby.

Introductions concluded just in time for the resident’s daily exercises, in which Nordan as well as a few other visitors helped to lead and encourage the elderly men and women.

The rest of the day was spent entertaining and interacting with each other as a few Marines and Sailors sang karaoke while others helped residents participate in a bowling game, equipped with pins and a light-weight ball.

Still another group continued to work.

Gardening was not completed until late into the games and singing but the green-thumbed Marines and Sailor agreed they had a good time and would return to the home again.

Before the visit was complete the staff of the nursing home graciously offered to adopt the Marines and Sailors who visited the home and send them gift packages if they deploy overseas.

Although Nordan says he wants to return routinely, different outings are also in the air for future RMTPs.

“We do hope to return here because every one had such a good time,” said Miranda, “but we also want to get out and reach other needy areas in the communities around us.”

With mainstream media usually focusing on negative stories about the military, not all civilians have a positive outlook about what Marines and Sailors do.

“We want to get out and let members and groups in the community know what we are about,” explained Miranda. “The military is here not only to defend the country by fighting overseas, but also to help out the Americans back home by getting involved in positive community projects and giving people a better understanding of the faces and personalities behind the title service member. That is what we are trying to accomplish, and so far it has gone very well. Now we can only look forward to the future.”



Marines and Sailors from 2nd Battalion, 3rd Marine Regiment take the opportunity to introduce themselves and talk briefly about their individual jobs to an audience of elderly residents on a visit to the Ann Pearl Nursing Home, Nov. 17.



Petty Officer 3rd Class Robert Maldonado, corpsman with Headquarters and Service Company, 2nd Battalion, 3rd Marine Regiment wipes down windows in the lobby of Ann Pearl Nursing Home. Before they had a chance to interact and play games with the residents, Marines and Sailors helped to clean windows and tidy up the outside of the nursing home in an effort to help civilians better understand the people and personalities behind the titles of Marine and Sailor.

Petty Officer 2nd Class Nino M. Miranda, religious program specialist, helps his fellow Marines and Sailors clean up the grounds of Ann Pearl Nursing Home.





# Feast may not have included turkey

**Cpl. Megan L. Stiner**  
*Combat Correspondent*

Tradition paints the first Thanksgiving Day as a huge feast when the colonists and Native American Indians celebrated the Pilgrims’ first harvest in 1621 near Plymouth, Mass.

According to historical sources however, the Pilgrims or colonists never had an autumnal feast and due to religious practices, they would have held a day of prayer and fasting rather than a great dinner. Also, turkey was more than likely not the main course for dinner as they were difficult to catch.

These conjectures aside, the traditions thought to have been true have

been carried on throughout generations. We continue to celebrate some of these old traditions; but over time, have added new ones: eating turkey and copious plates of food, watching football and parades on television and in person, and giving thanks for all that’s happened the previous year amongst a gathering of friends and families.

General George Washington and his army marked the beginning of the Thanksgiving celebration in the United States in 1777, when, as instructed by the Continental Congress, they stopped in frigid weather on their way to Valley Forge to mark the occasion.

Then, as President of the United States in 1789, Washington pro-

claimed Nov. 26 as the “national day of Thanksgiving and prayer.”

During the late 1800s and into the early 1900s the celebrations ceased for an unknown reason, but were resumed in 1863 with President Abraham Lincoln heading the traditional celebrations.

The final date change for the holiday was made in 1941 when President Franklin D. Roosevelt declared the fourth Thursday of November as Thanksgiving Day.

The modern Thanksgiving Day celebration marks the beginning of the Christmas season; the start of long lines at stores, the appearance of holiday lights and decorations, and thoughts of the New Year.

Also, every year the President of

the United States ‘pardons’ a turkey or two during a short ceremony in the White House. This year’s lucky turkeys, aptly named “Biscuit” and “Gravy” were spared from a fate in the oven and sent to a petting farm in Virginia to live out the remainder of their days.

During the ceremony the president spoke about American traditions and added a thank you to American service members.

“During this holiday season, we think especially of our men and women of the armed forces, many of whom are spending Thanksgiving far from home. Last Thanksgiving, I had the privilege of meeting with our military serving in Baghdad area of Iraq. Those men and women, like all

who wear our nation’s uniform, have volunteered to serve. Through their courage and skill and sacrifice they are keeping our country safe and free. America is proud of our military. We’re proud of our military families. And we give them our thanks every day of the year,” said President Bush.



## ON THE MENU AT ANDERSON HALL

**Friday**  
*Brunch/Dinner*  
Pepper Steak  
Southern Fried Catfish  
Rice Pilaf  
Potatoes Au Gratin  
Simmered Black-Eyed Peas  
Sugar Cookies  
Asst. Fruit Pies

**Saturday**  
*Brunch/Dinner*  
Baked Lasagna  
Chicken Parmesan  
Spaghetti Noodles  
Marinara Sauce  
Pizza Slices  
Garlic Bread  
Marble Cake w/Chocolate Icing  
Asst. Fruit Pies

**Sunday**  
*Brunch/Dinner*  
Barbecue Beef Cubes  
Baked Turkey & Noodles  
Steamed Rice  
Ginger Molasses Cookies  
Spice Cake w/Butter Cream Frosting

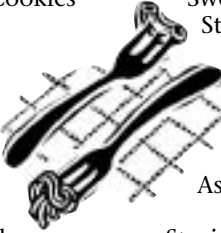
**Monday**  
*Lunch*  
Meat Loaf  
Pork Ham Roast  
Steamed Rice  
Mashed Potatoes  
Chocolate Chip Cookies  
Asst. Fruit Pies

*Dinner*  
Beef Brogul  
Fresh Baked Cajun Fish

Mashed Potatoes  
Rice Pilaf  
Chocolate Chip Cookies  
Asst. Fruit Pies

*Specialty Bar*  
Pasta Bar

**Tuesday**  
*Lunch*  
Simmered Corned  
Beef w/Mustard Sauce  
Honey Glazed Cornish Hens  
Parsley Buttered Potatoes  
Egg Noodles  
Fried Cabbage  
Peanut Butter Cake w/Peanut Butter Frosting  
Asst. Fruit Pies



*Dinner*  
Turkey Pot Pie  
Sweet & Sour Pork  
Steamed Rice  
Jefferson Noodles  
Simmered Pinto Beans  
Peanut Butter Cake w/Peanut Butter Frosting  
Asst. Fruit Pies

*Specialty Bar*  
Taco Bar

**Wednesday**  
*Lunch*  
Pork Adobo  
Beef Yakisoba  
Pork Fried Rice  
Vegetable Stir Fry  
Oatmeal Cookies

Strawberry Shortcake  
Asst. Fruit Pies

*Dinner*  
Steak Smothered w/Onions  
Southern Fried Catfish  
Mashed Potatoes  
Baked Macaroni and Cheese  
Oatmeal Cookies  
Strawberry Shortcake  
Asst. Fruit Pies

*Specialty Bar*  
Country Bar

**Thursday**  
*Lunch*  
Turkey À La King  
Beef Porcupines  
Mashed Potatoes  
Boiled Egg Noodles

French Fried Okra  
Marble Cake w/Chocolate Cream Frosting  
Pineapple Upside-Down Cake  
Asst. Fruit Pies

*Dinner*  
Braised Liver w/Onions  
El Rancho Stew  
Honey Ginger Chicken  
Rice Pilaf  
Boiled Egg Noodles  
Marble Cake w/Chocolate Cream Frosting  
Pineapple Upside-Down Cake  
Asst. Fruit Pies

*Specialty Bar*  
Taco Bar



CONTROL  
YOURSELF

Play it smart.  
Know your skill level  
and ride within it.

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Here’s a  
Sobering  
Thought

Even a little alcohol can affect your judgment, balance and coordination. The fact is, almost half of the riders who die in solo motorcycle crashes have been drinking. Play it safe. Don’t start drinking until you’ve finished riding.

(800) 446-9227 • www.msf-usa.org

Coping with deployment

Leaving doesn't have to mean isolation

Communication and knowing love is at the other end is key in chasing the blues away

**Kelli Kirwan**  
*LIFELines Service Network*

Some of the most heartbreaking moments in your military life will come when you see the tear-streaked faces of your children as they say goodbye to their Mom or Dad because of a deployment or change of duty station.

Whether your spouse leaves by land, air, or sea matters not. They're gone, and there is a physical presence missing in your home. Maintaining a positive and connected relationship between children and active-duty parents is important to the well-being of both. It takes effort and creativity, but it is possible to maintain a connection between children and deployed parents.

Following are a few ideas. The theme running through all of them is communication. Whatever you can do to foster communication between parent and child will be well worth the effort. For kids, regardless of where the Navy or Marine Corps sends their parent, the knowledge that they are loved and are important can transcend oceans.

Before leaving

Recording the deployed parent reading or telling special stories on audio or videotape is a great way for the kids to have contact with that parent whenever they want.

Uniting through reading

Uniting Through Reading, a quality of life program underway for military families, helps keep parents and children connected during the disconnected times of deployment, through the medium of reading aloud on videotape.

The program allows deployed parents and children to communicate in a meaningful way during separations. It also trains parents in techniques to make the videotaped reading personal and interactive.

The program boosts family morale and reinforces parental support felt by the spouse at home. It also eases children's fears about parent's absence and reduces anxiety upon reunion. Reading aloud with children has been shown to be the single best predictor of a child's future academic success. It also strengthens the bond between adult and child and provides a bridge for communication and sharing.

A General Accounting Office survey revealed that after pay issues, the most frequently mentioned reason for leaving the military is the frequency of deployments and subsequent effect on time spent with family. The Uniting Through Reading program is one card in the deck of possible solutions by positively impacting quality of life during deployment.

While on deployment

If there is more than one child in the family, purchase different-colored envelopes. Choose one color for each child. Regular mail is a great way to brighten the day of a child of any age. E-mails are wonderful, but having "real" mail come from Mom or Dad is sometimes just what is needed to chase the separation blues away.

E-mail access is wonderful to have. Just ask anyone who went through a deployment 10 years ago. For children who are older and are able to communicate via e-mail, it is a super tool for them, giving them the ability to discuss issues or concerns and receive

messages back without having to wait weeks for a letter.

Sometimes there is nothing like hearing a loved one's voice. It is comforting and reassuring to hear a little one's giggle, which just can't be communicated through writing. To avoid the cost of long distance, try pre-paid phone cards. These are terrific for the parent as well as the kids. If the parent is in a place where he or she can receive calls, giving a phone card to children, especially teens, gives them a sense of control in a situation where they have very little. It can be comforting to know their mom or dad is only a phone call away. The cost can be controlled and not get the family in a financial bind.

Lights, camera, ACTION!

Kids using the video camera and directing their own home movie can provide some heartwarming entertainment for the parent who is not around. Kids can tape the everyday activities of the family or make a story. Record in favorite areas of the home to bring a sense of being home to the one who is gone.



Leaving special items for the children or spouse that gets left behind when a family member deploys can keep family members connected and help lonely times pass quicker.

**Still life is true to life**

Pictures just can't be replaced. Parents need photos to pin up around them. Surrounding themselves with what is most important can help them get through some lonely times while away from home.

*See COMMUNICATION, B-7*

# Street Wise

The right gear will not only keep you comfortable, it will help protect you. Wear a helmet and protective apparel and be prepared for anything the road or the weather throws at you.

(800) 446-9227  
www.msf-usa.org

# Word To Pass

**AESC Car Wash to Benefit MDA**

The All Enlisted Spouses Club is sponsoring a car wash on Saturday, at 9 a.m., at the Kahuna’s Bar & Grill parking lot. AESC president, Mary Pratt, has been “thrown in jail” with the charge of being “too nice” — according to the local chapter of the Muscular Dystrophy Association who is reaching out to all area organizations as part of its annual campaign to help needy children with MD attend a special week-long summer camp.

Help free Mary Pratt from her jail cell at the car wash! All proceeds will go to the MDA.

The AESC has a proud history of donating to worthy causes and this event is sure to bring the spirit of doing good for others back into the hearts of all that participate. AESC’s goal is to raise \$1,200 for the MDA. Cash donations are welcome.

For more details, visit the Thrift Shop at building 212 (Pless Hall) on 3rd Street, or call 254-0841. The Thrift Shop is open Mondays, Tuesdays, Thursdays and Fridays and every payday Saturday.

**Military Children Invited to Participate in Pageant**

Military children are invited to participate in the Pacific Island

Armed Forces Pageant. The next pageant will be held at the Makai Community Center aboard Hickam AFB on Dec. 5, 9 a.m.

Winners from both pageants will be eligible to participate in the Grand Finals to be held in March 2005.

All children, ages 0 – 16, of service members, DoD, guard, or reserve personnel assigned in Hawaii are eligible to participate. The purpose of the pageant is to build confidence and poise in our children.

Savings bonds will be awarded to winners in each category and all contestants will receive a participation award.

To register, call 232-6925. Last minute registrations will also be accepted the day of the pageant. For more information, call Bonnie Bentley at 448-6611 or 232-6925.

**JN Invites Community to Evening of Food and Entertainment**

On Tuesday, the folks at JN Automotive Group are inviting the community to its new state of the art, award-winning dealership for a night of food and entertainment. This “Business After Hours” event will be held at JN’s new Cycle City/Harley Davidson store on 600 Puuloa Road (right off Nimitz

Highway) from 5:30 to 8:30 p.m.

This behind-the-scenes event will feature the most extensive collection of Harley-Davidson, Kawasaki, Buell, and Aprilia motorcycles, Vespa motorscooters, and the revolutionary Harley-Davidson MotorClothes & Collectibles lines.

The price of a ticket includes door prizes, entertainment, special discounts on merchandise, an exotic car display, hors d’oeuvres catered by Kahala Catering and beverages. For the more fun-loving and daring, masquerade as a Harley rider and enter the “Harley Rider Look-a-Like Contest.

Tickets are \$20 for Chamber of Commerce Hawaii members; \$40 for nonmembers; \$10 for active duty/retired service members, national guard and reserve personnel, and their families; and free for military children under 12 years. Be sure to register and reserve your place at this evening of food, entertainment, discounts, and an insider’s view of Hawaii’s finest state-of-the-art motorcycle dealership.

For more information or to register, call Brenda at 545-4300, ext. 317 or e-mail her at bwatson@coc hawaii.org by Tuesday or register in person at 5:30 p.m. at Cycle City that evening.



**Street Bikers Ride For Tots**

All motorcyclists are invited to join the 30th Annual Street Bikers United Toy Run Parade, the state’s largest single-day toy drive, Dec. 5.

Motorcyclists will meet at the Magic Island parking lot where the gates will open at 7 a.m. The police-escorted parade will depart promptly at 10:30 a.m. and rumble through Waikiki before reaching Kapiolani Community College where bikers will drop off some lucky child’s toy. The only requirement for participation is a toy donation for a child of any age.

All participants are invited to ride over and enjoy the party that follows at the Fleet Reserve Association, located at 891 Valkenburgh St. just off Nimitz Highway by the airport.

Every year, thousands of motorcyclists from around the state gather to support Hawaii’s needy children with donations of toys. This annual parade of custom and stock motorcycles, many decorated for the holidays, never fail to turn heads and astound the spectators that line the streets. So bring a toy and be a part

of this proud island tradition.

For more info, call Gene at 330-1588, Kevin at 383-1782, or Revron at 839-5657.

**Range Facility Promotes Marksmanship Proficiency**

Kaneohe Bay Range Training Facility is hosting a recreational firing program to promote marksmanship proficiency and firearm safety Friday afternoons.

This program is open to all active, reserve and retired military personnel and their guests aboard MCB Hawaii, as well as local, state and federal law enforcement personnel.

The range will open for authorized personnel and their guests from noon to 3 p.m. on Fridays of scheduled marksmanship training weeks. The type of firing will rotate weekly among rifle, pistol and shotgun firing.

Active duty Marines and Sailors stationed aboard MCB Hawaii are authorized to fire their Table of Organization weapons for practice during recreational fire. Call the Range Control Office for details.

Only two firing guests, aged 14 and older, per military member will be allowed.

*See WTP, B-7*



# MARINE MAKEPONO

HAWAIIAN FOR  
“MARINE BARGAINS”

**Automobiles**  
**'00 BMW 323ci**, dark red, 63,000 miles, automatic transmission with steptronic, all power, A/C, moon roof, CD and more. In excellent condition with no mechanical defects or problems. Asking \$18,750 OBO. Call 342-3759.  
**'96 Nissan 200SX**, automatic, sun roof, runs great, clean and well-maintained, cold A/C, 140k miles. Asking \$3,500 OBO. Call 772-1028.

**Motorcycles**  
**'01 Honda CBR600F4i**, excellent condition, only 4k miles. Asking \$5300. Call Tim at 477-7534 (w) or 262-6563 (h).

*Ads are free, should consist of no more than 20 words and will appear in two issues of the Hawaii Marine, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine office.*  
*For more information, call 257-8836 or 257-8837.*

## WTP, From B-6

To participate, call the range control office by the close of business the Wednesday prior to the rec-fire they plan to attend. For more details about the program, call the Range Control Office at 257-3180.

**MCX Offers Prizes for Super Star Students**  
The Marine Corps Exchange is kicking off the fourth year of its Super Star Student program, which rewards students with good grades by giving them opportunities to win great prizes.

Each of the 16 Marine Corps Exchanges are rewarding patrons in grades 6 through 12, who maintain a B average or better for the grading period. Each Super Star Student will receive one scratch-off card per grading period with the chance to win prizes. There are three grand prizes per Main Exchange to include a \$1,000 U.S. Savings Bond and two \$500 Savings bonds. To be eligible, students must be authorized MCX patrons and visit their local MCX store manager within 30 days of receiving their report card. Prizes must be claimed within 30 days. For more information, students should contact their local Marine Corps Exchange.

## COMMUNICATION, From B-5

Don't forget the mail goes both ways. Having pictures or film that is sent back home from the parent who is deployed helps families connect with where their Sailor or Marine has been. Make a scrap-book with pictures on one side from the family and pictures on the opposite page of what the service member was doing around the same time period. This will become part of your family's history and a cherished heirloom.

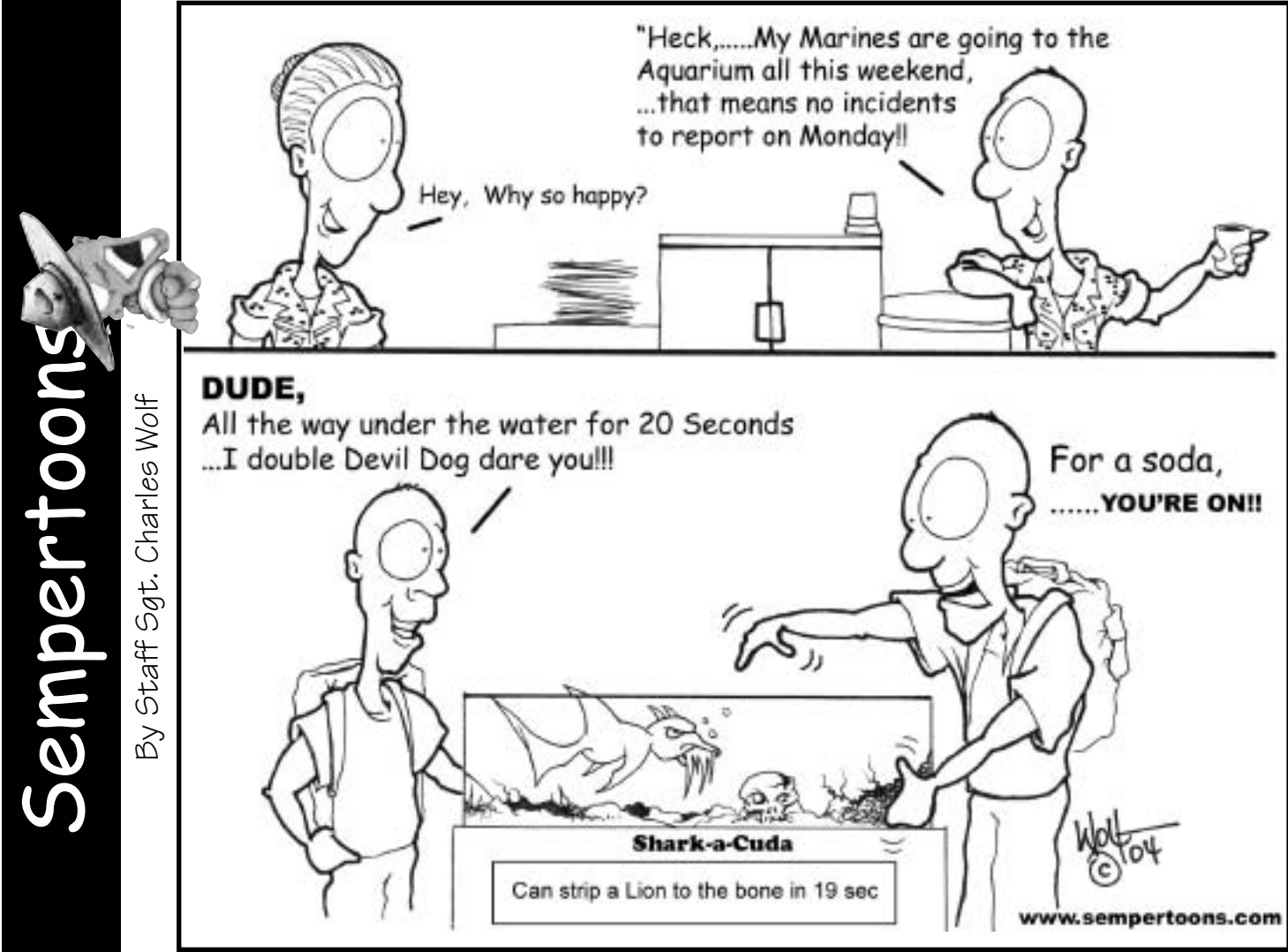
**Care packages**  
Putting a box of goodies together is almost more fun for the kids than it is for the parent receiving it. Be creative with packaging material, such as using

edible popcorn or cereal in bags instead of Styrofoam. Do a theme box, depending on the month you're mailing it. Let the kids decorate the outside with pictures, stickers, and little notes. The excitement lasts all the way to the post office and while waiting for a response. The deployed parent should be sure to "ooh" and "ahhh" over care packages and express how great the artwork is. Feedback is very important when kids put an effort into sending you a bit of home.

**Frame it up**  
Get a great frame for a picture of the parent who is gone, for the kids' rooms. Another option is, before the deployment, have a picture taken of each child

with mom or dad. Pictures sent home of the parent on deployment are great to frame as well. Go crazy and create a collage. Having pictures that are just theirs gives kids a feeling of being connected. For the little ones, there are toys that you can insert pictures into so they can safely carry them around.

Regardless of what you do, make sure that you're helping promote communication between your children and the parent who is deployed. Knowing that they are loved and remembered is important to both parents and children and can help everyone involved overcome the time spent apart. Love knows no limits or boundaries, whether it is land, air, or sea.



Sempertoons

By Staff Sgt. Charles Wolf